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REMEMBERING THE LIFE OF JON LOTT

Mr. CARTER of Georgia. Madam Speaker, I rise today to remember the life of Jon Lott, a devoted Christian, full of curiosity, and committed to serving everyone he encountered. He attended and graduated from Nicholls School, where he was senior class president and played basketball.

After high school, Jon would follow in his father's footsteps by attending North Georgia University, joining the Corps of Cadets. Military life didn't agree with Jon, and he graduated from Georgia Southern University.

Jon would go on to be the president of Nicholls State Bank as well as serving in leadership roles in several other banks. At the time of his passing, Jon was serving as the executive vice president of FNB South, where he had worked for almost three decades.

He was especially proud of the time he spent with the Coffee Regional Medical board, further helping his neighbors.

Jon was a man who was loved and admired by those who knew him and those whom he helped, which were many. My thoughts and prayers reside with his family, friends, and community as they mourn this tremendous loss of a friend, neighbor, loved one, and servant.

HONORING JOHN "POPS" ARTHUR, SR.

The SPEAKER pro tempore. The Chair recognizes the gentleman from California (Mr. CÁRDENAS) for 5 minutes.

Mr. CÁRDENAS. Madam Speaker, I rise today to honor John Arthur, Sr., a beloved San Fernando Valley leader whom we lost earlier this year. Pops, as many of his students called him, was known by Men's Journal Magazine as the toughest man in America.

Born in Starkville, Mississippi, Pops attended Clark Atlanta University with an athletic scholarship. He met the love of his life, Geraldine, and they had a beautiful daughter, Jonvette. He worked as an underground bare-knuckle fighter with a black belt in various martial arts. He also worked as an undercover FBI agent and had various public safety roles.

After the passing of his wife, Pops moved to southern California with his beautiful daughter. There, he worked as a trainer with fitness personality Billy Blanks and trained various world champion fighters such as James Toney.

However, after a vibrant career training some of the world's most recognizable names, Pops found his true calling when he began coaching at-risk youth for free. He impacted countless families in our community by training their little children about life—not about fighting, but about life.

Pops dedicated his life to helping others and creating champions. A leg-

end himself, Pops was truly a force of good in our community and in our world. For many reasons, I honor the life of the toughest man in America, John "Pops" Arthur.

UNITED STATES REMAINS A BEACON OF HOPE

Mr. CÁRDENAS. Madam Speaker, I am thankful for the opportunity to speak before the House, and it is an honor to be a Member of this prestigious body. With that, I would like to take the opportunity to explain and exclaim how our hearts in America go out to the people of Ukraine as they fear for their lives and they flee this tragedy that is caused by Russia and Vladimir Putin.

It is unfortunate that there are many people around the world right now as we speak who have, unfortunately, had to flee their country, flee their homes, in fear of people like Vladimir Putin and others who create atrocities on them, their communities, and their country.

I want to just remind everybody that the United States of America continues to be the beacon of hope, light, and life for everyone who needs to seek asylum. There are opportunities for us and many, many great countries around the world to embrace these people who are fleeing these unspeakable horrors.

It is very important for us to understand that we are great when our arms are open. We are great when we receive those who are less fortunate. We are great, and our greatness comes from so many of us who come from families who fled their country, who left atrocities so that they can have a new life for them, but more importantly, for the next generation, the next, and the next.

Once again, the United States of America shall always remain the place where people can seek refuge when they are fleeing atrocities like we are witnessing in Ukraine and other parts of the world.

HONORING LANDER UNIVERSITY'S 150TH ANNIVERSARY

The SPEAKER pro tempore. The Chair recognizes the gentleman from South Carolina (Mr. DUNCAN) for 5 minutes.

Mr. DUNCAN. Madam Speaker, today, I rise to honor the 150th anniversary of Lander University, one of the greatest universities in the Third District of South Carolina and the fastest growing public university in our State.

Lander was founded in 1872 in Williamston, South Carolina, as Williamston Female College by the Reverend Samuel Lander, who served as the institution's first president. That is a factoid that I didn't know until I started learning about their 150th anniversary.

The institution later moved to its current campus in Greenwood, South Carolina, in the heart of the Third District back in 1903. Williamston Female College was later renamed Lander Col-

lege in honor of its founder and began admitting men in 1943.

On July 1, 1973, Lander College became a State-supported institution of higher learning after authorization from the South Carolina General Assembly. After another period of growth under the leadership of President Larry Jackson, Lander College changed its name again to Lander University in 1992.

Today, the university celebrates record growth, with more students choosing Lander University to continue their education than at any other time in the university's history. The university's continued growth over the past century-and-a-half and the impact the institution has had on the Third Congressional District and the State of South Carolina is exceptional.

Lander University offers high-demand and market-driven programs in a rich liberal arts environment to produce highly qualified and marketable graduates. The university now offers over 90 in-demand bachelor's and master's programs that produce career-ready graduates who have the technical, interpersonal, and professional skills they need to succeed in the workplace and the world thanks to their liberal arts education from Lander.

Now, Lander is a special place to me personally as I was a Lander University parent. My oldest son is a proud Lander alumnus and currently works for the university.

Go Bearcats, and congratulations on 150 years.

Madam Speaker, I want to mention one other thing.

In 2018, Democrats were hollering about gas prices, hollering just because President Trump was in the White House.

Look at gas prices today. I would love to hear you holler now.

The SPEAKER pro tempore. Members are reminded to direct their remarks to the Chair.

HONORING DR. PAUL FARMER

The SPEAKER pro tempore. The Chair recognizes the gentleman from California (Mr. RUIZ) for 5 minutes.

Mr. RUIZ. Madam Speaker, I rise today to celebrate the life of Dr. PAUL Farmer, a visionary in global health, crusader for health equity, and accomplished physician with an unparalleled passion for social justice.

Dr. Farmer was my mentor, my professor, and my friend. He was completely selfless, and his relentless dedication to those less fortunate inspired me and helped shape me into who I am today.

His story begins in North Adams, Massachusetts, in 1959. He spent his childhood there and later in Tampa, Florida, where he was raised in an old school bus that his father had converted into a mobile home.

Encouraged by his parents, Dr. Farmer developed a strong interest in the